

CPD Training Opportunities

Online Therapy: How to Make the Transition to Working Online, and How to Develop Good Practice

Date: Saturday 13 April 2019, 10am – 4pm

Trainer: Pierre Cachia CPsychol, Couple Psychoanalytic Psychotherapist, Individual Psychotherapist and Counselling Psychologist; Head of TR Online Couple Psychotherapy



Many psychotherapists are intrigued about the possibility of seeing clients online and consider the pros and cons of offering online sessions. This workshop will provide an opportunity to further our thinking about the advantages and limitations of web-cam-mediated therapy.

Pierre Cachia will draw on his experience in setting up and running Tavistock Relationships' online couple psychotherapy service since late 2016. He will share learning from his own practice, as well as that related to having supervised Tavistock Relationships' online clinicians over this period.

The workshop will introduce technical and theoretical aspects. Participants will learn how to set up equipment for video sessions and how to address technological issues. Application of theory will be explored with emphasis on the differences and challenges presented when working within a digitally-mediated therapeutic frame. The use of technique will be illustrated with relevant case material. Ethical and legal considerations will be highlighted with attention given to management of inherent risk.

Cost: £118 (£108 if booked and paid for by 2 March 2019)

Venue: Tavistock Relationships, Warren Street, London, W1T 5PB

“How Long Will It Take?”: Short-Term Psychodynamic Therapy with Couples

Date: Saturday 8 June 2019, 10am – 4pm

Trainer: Dr David Hewison, Consultant Couple Psychoanalytic Psychotherapist; Head of Research and Ethics at TR



Short-term psychotherapy is well established in clinical practice with a range of different models for individuals, couples, groups and families. Psychodynamic couple psychotherapy has not really established itself as a short-term intervention, though Tavistock Relationships has made use of different models for commissioned training, projects and research over many years. By contrast, open-ended psychoanalytic and psychodynamic couple psychotherapy has evolved and developed, as Mary Morgan's recent book *A Couple State of Mind: Psychoanalysis of Couples and the Tavistock Relationships Model* shows so well.

This day draws together TR's previous versions of short-term couple therapy with the current model underlying our open-ended clinical practice, and with current research thinking about what makes therapy work, to outline a new short-term psychodynamic couple therapy model.

The day will be a mix of presentations that describe the short-term psychodynamic couple therapy model, with an emphasis on its strengths and limitations, and a focus on technique. There will be opportunities for the discussion of participants' clinical work.

Cost: £118 (£108 if booked and paid for by 27 April 2019)

Venue: Tavistock Relationships, Hallam House, 56-60 Hallam Street, London W1W 6JL

Please note that events at Hallam House are on the 4th floor and lift access will not be available until late 2019.

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Behavioural Couple Therapy for Alcohol Dependence (BCT-AD) Practitioner Training

Dates: 17, 18, 26 and 27 June 2019

BCT is cited in NICE guidelines as an effective therapy for alcohol dependence and is a brief integrative-behavioural treatment where one of the partners is experiencing relationship distress linked to alcohol dependence which will, in turn, be affecting their children.

BCT-AD has been developed by identifying best practice in a range of behavioural, cognitive, systemic, emotionally focussed and psychodynamic couple treatments, all evidenced in RCT effectiveness trials.

Training in BCT-AD will take place over four days. It comprises formal teaching (including films, discussion, experiential learning, role play and lecture) and 20 sessions of 'remote' supervision via Zoom which will enable practitioners to practice with couples (parents) where alcohol dependence is causing distress in the relationship.

To be eligible for this training participants must have an interest in developing and extending their practice to work with couples where one or both has a problem with alcohol use. All applicants need to be able to access appropriate couple referrals, approximately three from the outset of the course. Experience of working with couples (parents) and of working with alcohol addiction is beneficial.

Cost: Training is free to trainees.

Venue: Tavistock Relationships, Chiefton House, 10 New Street, London EC2M 4TP



'Countess, Forgive Me!': What We Can Learn about Forgiveness from Mozart's The Marriage of Figaro

Date: Friday 21 June 2019, 5.30pm – 8.30pm

Trainer: Francis Grier

The dramatic and musical climax of The Marriage of Figaro, perhaps Mozart's operatic masterpiece, is famously marked by the unexpected forgiveness of the Count by the Countess, whom the count has infamously refused to forgive earlier in the opera.

This three-hour evening workshop will explore the musical and psychological ramifications of forgiveness, false forgiveness, and the refusal to forgive within couple relationships. Mozart's great opera will be explored from this perspective, and attendees will be encouraged to associate to related clinical examples from the consulting room.

Attention will also be given to two other great Mozart operas, Don Giovanni and Cosi Fan Tutte, in which issues around forgiveness are also key. It will be argued that Mozart's very differing and contrasting realisations of the variations around this core human and couple dynamic through his unique dramatic, verbal and musical talents may partially account for the reputation of these operas for depth and universality. Attendees are encouraged to remind themselves of the three operas before the event.

Cost: £60 (£55 if paid for by 10 May 2019)

Venue: Tavistock Relationships, Hallam House, 56-60 Hallam Street, London W1W 6JL



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How To Flourish as a Psychotherapist: a Masterclass with Professor Brett Kahr

Date: Saturday, 29 June 2019, 10am – 4pm

Trainer: Professor Brett Kahr, Senior Fellow at the Tavistock Institute of Medical Psychology and Senior Clinical Research Fellow in Psychotherapy and Mental Health at the Centre for Child Mental Health



In this specially constructed one-day workshop, Professor Brett Kahr, one of the United Kingdom's most distinguished psychotherapists, will share his extensive 40 years of experience with participants, investigating both the pitfalls and the pleasures of this unusual, but vital, profession.

Kahr will expand upon his widely regarded book, *How to Flourish as a Psychotherapist* (Phoenix Publishing House, 2019), which jumped to the top of the Karnac Books bestseller list upon publication. This frank guidebook to our profession provides a first-hand glimpse into the life cycle of the psychotherapist from the early years of training to preparation for retirement and death.

This special masterclass will offer participants a privileged glimpse into Kahr's thoughts about the factors which either facilitate or inhibit creative growth across our working lives and will provide registrants with an opportunity to reflect upon their own careers with direct supervisory input from Kahr. We will consider how to maximise our creative capacities, how to find a voice outside the consulting room, how to flourish as a teacher, writer, lecturer and supervisor, and how to minimise the potentiality of burnout and despair. We shall also consider unconscious factors such as a fear of envy and a terror of success which prevent us from maximising our potentialities as psychotherapy practitioners.

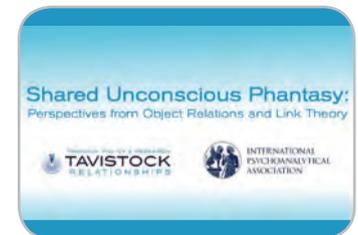
Cost: £118 (£108 if booked and paid for by 18 May 2019)

Venue: Tavistock Relationships, Hallam House, 56-60 Hallam Street, London W1W 6JL

Shared Unconscious Phantasy: Perspectives from Object Relations and Link Theory

Date: Monday, 29 July 2019, 9.30am – 5.30pm

Speakers: Selected from Tavistock Relationships and COFAP (Committee for Couple and Family Psychoanalysis of the IPA)



This one-day conference is hosted by Tavistock Relationships in collaboration with COFAP (Committee for Couple and Family Psychoanalysis of the IPA) ahead of the International Psychoanalytic Congress happening in London for the first time since the 1950s.

Andrew Balfour (TR) and David Scharff (COFAP) will lead the day, and there will be presentations on various aspects of shared unconscious phantasy from speakers associated both with TR and with COFAP, as well as clinical presentations and audience discussion.

Cost: £100

Venue: Tavistock Relationships, Hallam House, 56-60 Hallam Street, London W1W 6JL

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The 'Night-Side of Life': Working with the Effects of Long-Term Illness on the Couple Relationship

Date: Friday, 4 October 2019, 10am – 4pm

Trainers: Christopher Vincent, Couple Psychotherapist, Trainer and Researcher; Liz Salter, Psychodynamic Individual and Couple Counsellor; and Andrew Balfour, Consultant Clinical Psychologist, Adult and Couple Psychotherapist, Chief Executive of Tavistock Relationships



The subject of illness and how it relates to couple functioning is often an overlooked area of research and clinical practice. This workshop will seek to redress that balance, and to offer up new ways of understanding the ways in which illness can play out dynamically between a couple. After all, as Susan Sontag puts it, serious 'illness is the night-side of life', and is likely to affect us all at certain times.

Christopher Vincent, Liz Salter and Andrew Balfour will bring their experiences of working with couples where one or both partners suffer from serious illnesses which include Huntington's disease, dementia and cancer. They will examine the idea of illness as an existential state, and one which can be thought about across a range of different long-term and chronic health conditions.

Cost: £118 (£108 if booked and paid for by 23 August 2019)

Venue: Tavistock Relationships, Hallam House, 56-60 Hallam Street, London W1W 6JL

Aspects of Love: Attachment-Informed Psychotherapy with Couples

Date: Friday, 1 November 2019, 10am – 4pm

Trainer: Dr Christopher Clulow, Consultant Couple Psychoanalytic Psychotherapist and Senior Fellow of the Tavistock Institute of Medical Psychology



The secure attachment of an infant to its mother or primary carer as the basic building block of strong interpersonal relations in adulthood has held particular sway in the thinking of practitioners since Freud described it as 'the first and strongest love object and the prototype of all later love relations'.

Dr Christopher Clulow is an expert in the field of attachment, having published extensively on couple psychotherapy from an attachment perspective. As part of this study day, he will offer participants the opportunity to engage in live supervision with an attachment focus.

The day will widen our understanding of how our earliest love relationships provide the foundations for – if not necessarily the prototypes of – adult love relationships. We will consider how adult love relationships differ from those of childhood and learn how to recognise secure and insecure partnerships both inside and outside the consulting room.

The seminar will interweave parent-infant, adult-adult and therapist-patient couple domains to explore love relationships: attachment, caregiving, sensuality, sexuality, interest-sharing and intersubjectivity.

Cost: £118 (£108 if booked and paid for by 20 September 2019)

Venue: Tavistock Relationships, Hallam House, 56-60 Hallam Street, London W1W 6JL

For full details of our CPD series and Summer Schools, please visit our website at the web address below.

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